

Dec. . Calendar 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5th 8:30 Max Cardio HIIT and TABATA 45 minutes! WITH LINDA	6th 6 a.m. PIYO w/ Denise 9:00 Barrefit with Denise	7th 8:30 PILATES REFORM W/DENISE	8th 9:00 A.M. BARREFIT WITH DENISE	9th 8:15-9:05 PILATES Reform and Sculpt with Denise *Signature Class*
10th	11th	12th 8:30 Max Cardio HIIT and TABATA 45 minutes! WITH LINDA	13th 6 a.m. PIYO w/ Denise 9:00 Barrefit with Denise	14th 8:30 Pilates Reform Denise	15th 9:00 A.M. BARREFIT WITH DENISE	16th 8:15-9:05 am Pilates Reform and Sculpt Pilates, ropes, cardio, weights..... Denise *Signature Class*
17th	18th	19 8:30 Max Cardio HIIT and TABATA 45 minutes! WITH LINDA	20 6 A.M Piyo w/Denise 9:00Barrefit with Denise	21 8:30 PILATES REFORM W/DENISE	22 9:00 A.M. BARREFIT WITH DENISE	23 8:15-9:05 am Pilates Reform and Sculpt Pilates, ropes, cardio, weights..... Denise *Signature Class*
24	25th NO CLASSES THIS WEEK-JOIN US ON JANUARY 1ST!	26th	27th	28th	29th	30th NO CLASSES 12/24-12/31- JOIN US JAN. 1
31st	1st	2nd	3rd	4th	5th	6th
	HAPPY NEW YEAR 9:00 New Year's Day class! Cardio/Core 45 with Denise	8:30 Max Cardio HIIT and TABATA 45 minutes! WITH LINDA	6 a.m. PIYO with Denise 9:00 Barrefit with Denise	8:30 PILATES REFORM W/DENISE	9:00 A.M. BARREFIT WITH DENISE	8:15-9:05 am Pilates Reform and Sculpt Pilates, ropes, cardio, weights..... Denise *Signature Class*

Pilates Reform and Scu

First Time always Free
 Drop in \$10 Denise
 Punch Card 10 Classes *Signature Class*

X=Express Class 45 minutes